



May 8

Basil Lemon and Garlic Roasted Chicken #1

¼ cup chopped basil leaves
2 tablespoons lemon zest
2 cloves garlic, crushed
2 tablespoons olive oil
1 lb chicken breast fillets, skinless
3 zucchini sliced into 1/4" rounds
1 lb cherry tomatoes
¼ cup basil leaves, extra
lemon wedges, to serve

Preheat oven to 425°. Place the basil, lemon zest, garlic and oil in a bowl and stir to combine. Toss in chicken breast and turn to coat. Place the chicken and zucchini on a baking tray and spoon any remaining basil mixture over zucchini. Roast for 10 minutes. Add the tomatoes and roast for a further 5 minutes or until the chicken is cooked through. Top with extra basil leaves and serve with lemon wedges.

Cavatelli with Chicken and Broccoli #2

1 whole bulb garlic
3 teaspoons olive oil
6 ounces dried cavatelli
2 cups Broccoli spears
2 ounces pancetta, finely chopped
1 pound skinless, boneless chicken breast halves, cut into 1 1/2- to 2-inch pieces
2 tablespoons butter
3 tablespoons all-purpose flour
2 tablespoons snipped fresh chives
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cup fat-free milk
1/2 cup evaporated fat-free milk
2 tablespoons freshly grated Parmesan cheese
Snipped fresh chives

Preheat oven to 400 degrees F. Cut off the top 1/2 inch of the garlic bulb to expose ends of individual cloves. Leaving bulb whole, remove any loose papery outer layers. Place bulb, cut end up, on a double thickness of foil. Drizzle bulb with 1 teaspoon of the olive oil. Bring foil up around bulb and fold edges together to loosely enclose. Roast 20

to 25 minutes or until garlic feels soft when squeezed. Let cool. Squeeze garlic from skins into a small bowl; mash with a fork. Set aside.

Meanwhile, cook pasta according to package directions, adding Broccoli for the last 4 minutes of cooking. Drain, reserving 1/2 cup of the pasta cooking liquid. Set pasta, Broccoli, and reserved cooking liquid aside.

In a 6-quart Dutch oven heat the remaining 2 teaspoons olive oil over medium heat. Add pancetta; cook 5 to 7 minutes or until crisp. Remove pancetta from Dutch oven; set aside. Add chicken pieces to Dutch oven. Cook 7 to 8 minutes or until chicken is no longer pink (170 degrees F). Remove from Dutch oven; set aside.

In the same Dutch oven melt butter over medium heat. Whisk in the mashed garlic, the flour, the 2 tablespoons chives, the salt, and pepper until combined. Add milk and evaporated milk, whisking until smooth. Cook and stir until thickened and bubbly. Add Parmesan cheese, cooked chicken, cooked pasta, and cooked Broccoli. Toss to combine. Add enough of the reserved pasta cooking liquid as needed to reach desired consistency. Top with crispy pancetta and additional chives.

Spiced Pork Chops with Mango Salad #3

1 lb of lean boneless pork chop, thinly sliced
1/4 teaspoon salt
1/4 teaspoon ground coriander
1/4 teaspoon freshly ground pepper
1/8 teaspoon ground cinnamon
1/8 teaspoon nutmeg (preferably freshly grated)
cooking spray
1 ripe mangos, chopped
3 Tablespoons fresh lime juice
1 Tablespoon canola oil
1/2 teaspoon chili flakes
1/2 teaspoon salt
1 scallion sliced
1/2 cup mint leaves
1 cup Wild Rice

In a medium saucepan combine wild rice and 2 cups of water and a pinch of salt. Bring to the boil and reduce to a simmer. Cook until water is absorbed and the rice is tender. About 20 minutes. Meanwhile:

Rinse the pork and pat dry with paper towels. In a small bowl combine the spices, then sprinkle evenly on both sides of the pork chops. Set aside to rest while making the mango salad.

In a medium bowl combine the lime juice, canola oil, chili and salt and stir thoroughly. Add the mango and toss. Set aside.

Heat a saute pan over medium high heat. Spray the pan with cooking spray then add the chops, cooking for 2-3 minutes on each side until done. No need to cook the chops to within an inch of their lives. A little pink is both healthy and delicious.

Divide the pork, rice and mango salad between four plates, then sprinkle salad with scallions and mint, then serve.

Scallops and Pasta with Lemon Caper Cream Sauce #4

1 pounds fresh or frozen sea scallops
4 ounces dried multigrain or whole grain penne or rotini pasta
3 cups trimmed, coarsely shredded kale
1 medium zucchini, halved lengthwise and bias-sliced crosswise
Nonstick cooking spray
1/2 teaspoon salt
1/8 teaspoon ground black pepper
2 teaspoons olive oil
2 medium leeks, trimmed and thinly sliced
2 cloves garlic, minced
2 cups fat-free milk
2 tablespoons cornstarch
2 teaspoons finely shredded lemon peel
1 1/2 teaspoons snipped fresh rosemary or thyme or 1/2 teaspoon dried rosemary or thyme, crushed
2 tablespoons capers, drained

Thaw scallops, if frozen. Rinse scallops; pat dry with paper towels and set aside. In a large saucepan, cook pasta according to package directions, adding chard and zucchini for the last 4 minutes of cooking time. Drain and keep warm. Meanwhile, lightly coat an unheated large nonstick skillet with nonstick spray. Preheat over medium-high heat. Sprinkle scallops with 1/4 teaspoon of the salt and the pepper. Add scallops to hot skillet; cook for 4 to 6 minutes or until scallops are opaque, turning once. Remove scallops from skillet; keep warm. Add oil to hot skillet; reduce heat to medium. Add leeks and garlic; cook for 3 to 5 minutes or until tender, stirring to scrape up any browned bits from bottom of skillet. In a medium bowl, whisk together milk and cornstarch until smooth. Add to leek mixture along with lemon peel, rosemary, and the remaining 1/4 teaspoon salt. Cook and stir until thickened and bubbly. Cook and stir for 2 minutes more. Add to pasta mixture, tossing to coat. Divide pasta mixture among 4 serving plates. Top with scallops and capers.

Chicken Parmigiana with Green Salad #5

3/4 cup plain breadcrumbs
3/4 cup grated Parmesan cheese
8 chicken cutlets (about 1 1/2 pounds total), or 4 boneless, skinless chicken breasts, halved horizontally
Salt and freshly ground pepper
1 large egg, lightly beaten
2 cups jarred tomato sauce

1/4 cup olive oil
6 ounces part skim mozzarella cheese, cut into eight 1/4-inch-thick slices

For the Salad:

8 cups mixed greens
6 tbsp nonfat plain Greek-style yogurt
2 tsp fresh lemon juice
1 tsp raw organic honey
1 tsp Dijon mustard
1 tsp parsley, chopped
1 tsp fresh dill, snipped or chopped
1 tsp lemon zest
Fresh ground black pepper, to taste

Heat broiler. Combine breadcrumbs and Parmesan in a shallow bowl. Season both sides of chicken with 1/2 teaspoon salt and 1/4 teaspoon pepper. Dip chicken in the beaten egg, then dredge in breadcrumb mixture, turning to coat both sides. Spread tomato sauce onto the bottom of a 10-by-15-inch baking dish. Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Place 4 chicken cutlets in skillet; cook until golden, 1 to 2 minutes on each side. Using a spatula, transfer browned cutlets to baking dish, placing them on top of sauce. Repeat with remaining oil and cutlets. Top each cutlet with a slice of mozzarella. Broil about 4 inches from heat source until sauce is hot and cheese is melted and lightly browned in spots, 5 to 8 minutes.

For the salad: In a small bowl, whisk together all ingredients until blended. Toss with salad greens and serve.